

PREGNANCY PREVENTION INTERVENTION IMPLEMENTATION REPORT

Intervention Name: *Children's Aid Society (CAS)–Carrera Program*

Developer: Michael A. Carrera, MD; Patricia Dempsey

Program Description: The *CAS–Carrera* program is a multiyear, comprehensive program based on a holistic youth development model. It consists of five activity components and two service components. The program uses a “parallel family system” strategy to develop long-term relationships with participating teens, provide individually tailored planning and tracking, and practice a nonpunitive approach to youth development. It is geared toward reducing teen pregnancy, sexual initiation and sexual behaviors, and drug use; and improving sexual and reproductive health knowledge, employment, health care utilization, and academic skills. Except for the medical and mental health services, all activities are offered year-round, after school (for three hours a day), and at the same program site. Classes and services include engagement with parents to reinforce skills and learning.

Component 1: Job Club

This component is designed to improve employment skills and outcomes. Activities for older participants include learning how to accurately complete employment forms, obtaining a Social Security card, opening a bank account, and preparing a résumé. Younger participants are engaged through an Entrepreneurial Apprenticeship Program. All participants get an hourly minimum wage stipend for the time they spend in the program which they must deposit in their bank accounts.

Component 2: Academic Assistance

This component includes individual academic assessment, tutoring, homework help, PSAT and SAT preparation, and assistance with college entrance applications.

Component 3: Family Life/Sex Education (FLSE)

This component focuses on communication skills for a healthy relationship and on increasing sexual literacy. It includes age appropriate information on body image, gender roles, social roles, family roles, and sexual orientation.

Component 4: Self-Expression

This component emphasizes using arts, music, dance, and drama for creative self-expression and as tools to look at serious issues (such as gender, sexism, racism, and sexual coercion).

Component 5: Lifetime Individual Sports

This component focuses on activities such as swimming, martial arts, golf, and weight lifting geared toward building self-discipline.


Component 6: Comprehensive Medical Care

Medical, health, and dental services are provided to each participant, including confidential reproductive health services, help scheduling medical visits, and counseling.

Component 7: Mental Health

Confidential mental health services are offered to teens, including counseling and crisis intervention. Participants also attend weekly discussion groups led by a social worker.

Target Population: The program targets high-risk youth, male and female. It is offered to youth from 11 years old up through high school age.

Curriculum Materials: Further details on curricula or program implementation are available by contacting the Carrera program: <http://www.stopteenpregnancy.com/contact/>. 

Training and TA: The developer provides training for staff and regularly monitors activities at program sites to ensure fidelity.

Research Evidence¹

Study Citation: Philliber, S., Williams Kaye, J., Herrling, S., & West, E. (2002). Preventing pregnancy and improving health care access among teenagers: An evaluation of the Children's Aid Society–Carrera Program. *Perspectives on Sexual and Reproductive Health*, 34(5), 244–251.

Population Evaluated: Predominantly African American and Hispanic adolescents from agencies serving disadvantaged youth in New York City, who were not pregnant or parenting at the time of recruitment

- Age at baseline ranges from 13 to 15

Setting: After-school (year round)

Study Findings: At the 3-year follow-up (from program start): female adolescents participating in the intervention were significantly less likely to report a pregnancy in the prior three years or report being sexually active.

¹ This summary of evidence is limited to studies of the intervention meeting the inclusion criteria and evidence standards for the Pregnancy Prevention Research Evidence Review. Findings from these studies include only those showing a statistically significant positive impact on sexual risk behavior or its health consequences. Studies may present other positive findings beyond those described; however, they were not considered as evidence for effectiveness because they focused on non-priority outcomes or subgroups, did not meet baseline equivalence requirements, or were based on follow-up data with high sample attrition. For additional details on the review process and standards, see the review's Technical Documentation.